

# COWSHED

## TREATMENTS



SOHO HOUSE

ISTANBUL

## INFORMATION

**Soho House Istanbul**  
**+90 212 377 71 40**  
**cowshed.istanbul@sohohouse.com**

**The Glass Building**  
**Evliya Çelebi Mahallesi**  
**Meşrutiyet Cad. No:56**  
**Beyoğlu, Istanbul 34430**

Monday - Sunday: 10am - 9pm

### Facilities

Hamam room  
Relaxation lounge

## OUR SPAS

A place to meet friends, eat, drink and shop, while indulging in sociable grooming. If you have any specific requests our team are here to help.

**Arrival** • Please arrive 15 minutes before your appointment to register. If you arrive late, the time of the appointment will be shortened out of consideration for the next customer.

**Cancellations** • If you need to change or cancel an appointment, we ask that you give us 24 hours notice or the full cost of the treatment will be charged. Please note that we request credit card details to secure bookings.

**Cowshed's age policy** • No one under the age of 14 is permitted in our Cowshed spas. Our treatments are specially tailored for adults. However, we do offer treatments to those aged 16-18 with parental consent.

**Health conditions** • When making your booking please advise us of any health conditions and any medication you are taking. For certain medical conditions we will require written permission from your doctor to proceed. Please speak to our spa or House Help team for more information.

**Pregnancy** • We are proud to offer a specialised menu of maternity treatments. Inform your therapist if you are pregnant to allow us to tailor your experience. Please note our pregnancy and safety policy: no treatments can be given in the first 12 weeks of pregnancy.

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   @Cowshed

## FOR YOUR HANDS

### Ultimate Cowshed Manicure • 60 mins

File and cuticle tidy, exfoliation, massage and hydrating mask for hands followed by scalp and shoulder massage. Polish to finish.

### Cowshed Manicure • 45 mins

File and cuticle tidy, exfoliation with hand and arm massage. Polish to finish.

### Speedy Manicure • 30 mins

File, tidy and polish.

### Polish Change • 15 mins

Please note: *We are unable to remove gel-based nail polishes.*

Scalp Massage during hand or feet nail treatments • 15 mins

## FOR YOUR EYES

### Lash Tint • 30 mins<sup>†</sup>

### Brow Tint • 15 mins<sup>†</sup>

### Lash and Brow Tint • 30 mins<sup>†</sup>

## HAIR REMOVAL

Full Leg & High Bikini  
Full Leg & Basic Bikini  
Half Leg & High Bikini  
Half Leg & Basic Bikini  
Full Leg  
Half Leg

Brazilian / Hollywood  
High Bikini  
Basic Bikini  
Full Arm  
Half Arm  
Underarm

Back  
Chest  
Eyebrow Shape  
Eyebrow Tidy  
Lip or Chin

## FOR YOUR FEET

### Ultimate Cowshed Pedicure • 75 mins

File and cuticle tidy, removal of hardened skin, massage and hydrating foot mask followed by scalp and shoulder massage. Polish to finish.

### Cowshed Pedicure • 60 mins

File and cuticle tidy, removal of hardened skin, followed by exfoliation and foot and leg massage. Polish to finish.

### Speedy Pedicure • 30 mins

File, tidy and polish.

### Polish Change • 15 mins

## FOR YOUR HAIR

### Cheeky Blow Dry

Rough, smooth or glam

## HAMAM

### Cowshed Hamam • 45 mins

Complete body scrub using natural sea salt followed by a fresh body mask of your choice. Hair is then washed using Cowshed Hair Care.

### Traditional Hamam • 45 mins

Body scrub with kese mitt, followed by a full foam massage with lavender soap. Hair is then washed using Cowshed Hair Care.

## PACKAGES

### Traditional Hamam Package

A traditional hammam session followed by a full Cowshed Moody Massage. Finish with a Cowshed Facial.

### Cowshed Package

Cowshed Facial to cleanse and invigorate the skin followed by manicure and pedicure for perfectly groomed hands and feet.

Two therapists work simultaneously to save you time. Foot cleanse and exfoliation plus forehead and shoulder massage, followed by your chosen treatment:

### Indulgent • 60 mins

Cowshed Facial, Eyebrow Tidy and Cowshed Manicure or Pedicure

### Maintenance • 30 mins

Speedy Facial, Eyebrow Tidy and Speedy Manicure or Pedicure

## FACIALS

### Cowshed Skin-Perfecting Facial • 75 mins

Facial cleanse, steam and exfoliation followed by face, neck and shoulder massage incorporating facial yoga techniques to firm and tone. Finish with a mask and scalp massage.

### Speedy Facial • 30 mins

Facial cleanse, steam and exfoliation followed by face, neck and shoulder massage or mask with scalp, hand or foot massage.

### Cowshed Facial • 60 mins

Facial cleanse, steam, exfoliation and extraction followed by face, neck and shoulder massage and mask with scalp, hand or foot massage.

<sup>†</sup>Please note a patch test is required 24 hours prior to your treatment.

## BODY THERAPIES

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### **Sleepy Cow Body Treatment • 75 mins**

A back exfoliation and massage using our Sleepy Cow range, followed by a tension-relieving neck and foot massage.

### **Slender Cow Legs • 45 mins**

Leg and buttock exfoliation using the Slender Cow range. Dry body brushing and exfoliation revive dull skin and a detoxifying massage firms and tones.

### **Back Cleanse • 45 mins**

Cleanse, steam, exfoliation and massage on the back. Enjoy a leg massage while a deep cleansing mask is applied.

### **Salt Scrub • 45 mins**

Full body brushing followed by deep exfoliation using Sea Salt immersed in Spearmint Oil. Finish with detoxifying body cream.

## MASSAGES

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### **Cowshed Moody Massage**

**45 mins / 60 mins**

**75 mins / 90 mins**

Full body massage, tailored to your needs using one of our six signature moods.

### **Deep Tissue Massage**

**60 mins / 90 mins**

Full body massage that focuses on the deeper layers of muscle tissue. A great treatment to relieve acute tension.

### **Cowshed Salt Scrub and Massage**

**90 mins**

Full body brushing followed by deep exfoliation and a stimulating Cowshed massage to finish.

### **Reflexology • 30 mins • / 60 mins**

A foot massage promoting deep relaxation of the body.

### **Back Massage • 30 mins**

A unique massage sequence to leave you feeling relaxed and re-energised.

### **Cowshed Head Massage • 30 mins**

A head, neck and shoulder massage incorporating pressure points to release tension.

## FOR MEN

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### HAIR

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#### **Shampoo and Haircut • 45 mins**

Shampoo and haircut with finish.

#### **One Grade All Over • 20 mins**

Electric clipper, 1 grade all over.

#### **Shampoo and Style • 20 mins**

Look great with a wash and style.

#### **Quick Tidy Up • 30 mins**

Back and sides in between haircuts.

### SHAVE

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#### **Traditional Wet Shave • 30 mins**

A hot towel, cut throat shave using Neville products and cologne to finish.

### FACE

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#### **Grooming Treatment • 60 mins**

Facial cleanse, exfoliation, steam, extraction (optional), facial massage and mask. Also includes a shoulder, neck and scalp massage.

#### **Express Treatment • 30 mins**

Facial cleanse, exfoliation, steam and mask.

### BEARD

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#### **Full Beard Shape with Cut Throat and Hot Towel 30 mins**

To get a well groomed beard: a wash, reshape and conditioning treatment.

#### **Quick Beard Trim and Condition 15 mins**

A tidy up for the beard: trim and conditioning treatment.

### HANDS

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#### **Men's Manicure • 30 mins**

File, tidy and moisturise.

### PACKAGES

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#### **The Luxury Groom • 2 hours**

Shampoo, haircut with traditional wet shave or beard shape followed by Express Treatment and manicure.

#### **The Full Groom • 75 mins**

Shampoo and haircut with traditional wet shave or beard shape.